

MY BILL OF RIGHTS

I have the right to.....

... say "no" without feeling guilty.

....express my feelings.

....be accepted just as I am. I don't have to conform to others expectations about me to know that I am worthwhile.

....disagree with others and to question medical decisions regarding my care.

....know that my arthritis does not define me.

....have a bad day occasionally.

.... talk about my pain.

.... respect myself and receive respect from others.

Add your bill of rights here:

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